

LOCAL INDEPENDENT BOOK STORE CLOSING, PG 3

Sports pg 8

Koeverden looks to rebound at Lake Banook



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WEDNESDAY, AUGUST 12, 2009

Celebrity Buzz



MJ's autopsy being kept under wraps

pg 18

Mayor under fire from businesses over 'stench'

ALY THOMSON
for Metro Halifax

SEWAGE Downtown Halifax food operators are turning up their noses at Halifax Regional Municipality Mayor Peter Kelly.

Luc Erjavec, vice-president of the Atlantic Canadian Restaurant and Food Services Association, addressed an open letter to Kelly yesterday expressing the industry's concerns with the "stench" in downtown Halifax over the failed Halifax sewage treatment plant, which has been out of commission since Jan. 14.

"It's been too little, too late," Erjavec told Metro yesterday. "We've been waiting too long for answers, and too long for action to be taken."

Erjavec wrote in the open letter that businesses rely on waterfront traffic in the summer months, and customers are complaining about the "stench" both inside and outside of restaurants. Some customers are even refusing to sit on patio areas, he wrote.

"Many operators believe the public awareness of raw sewage pouring into the harbour on lower Water Street is also keeping many local and regional customers away from the waterfront area," the letter said.

Metro Drive pg 10

Eclipse one car to watch

Travel pg 14



Make room for pod hotels



RYAN TAPLIN/METRO HALIFAX

Beverlee Russell sobs as she leaves the courtroom at Dartmouth provincial court yesterday. Russell faces multiple charges including manslaughter in connection to a fatal motor vehicle crash earlier this month that killed retired teacher Gary Pfister.

Woman charged

Accused in fatal crash case to undergo psychiatric testing

A 54-year-old woman facing a multitude of serious charges including manslaughter in relation to a fatal motor vehicle accident last week in Cole Harbour sobbed loudly and clutched her chest regularly as she made her way to and from an appearance at Dartmouth provincial court yesterday.

Halifax RCMP arrested Beverlee Russell, 54, of Cole Harbour, Monday night after being released from the QEII Health Sciences Centre.

She was immediately taken into custody where eight charges were laid — manslaughter, three counts of criminal negligence causing bodily harm, three counts of impaired operation of a motor vehicle causing bodily harm and failing to remain at the scene of an accident.

Russell is alleged to have left the scene of one collision on Aug. 3, and then caused a second one nearby at the intersection of Cole Harbour Road and Forest Hills Parkway. The second crash involved several vehi-

cles and killed 57-year-old Gary Erroll Pfister of Cole Harbour, a retired Dartmouth high school teacher. Police allege alcohol played a factor in both crashes.

As she was taken into court yesterday by sheriffs, Russell was in a wheelchair and could be heard complaining regularly about her

alleged injuries and health problems. She was the same way outside as she was taken to and from the sheriffs van and into the court's

holding cells. On her way into the courtroom, Russell was grimacing and looked to be reaching out to who are believed to be her two daughters, both of whom fought back tears.

Inside court, the judge ordered Russell to undergo a psychiatric assessment to determine if she is mentally fit to stand trial. Russell has a long history of mental illness, the court heard.

She is scheduled to return to court Sept. 11 to determine her mental fitness.

METRO HALIFAX

8

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METRO HALIFAX

5 arrested following bowling alley robbery

PAUL MCLEOD
paul.mcleod@metronews.ca

CRIME Five people have been arrested in relation to an armed, masked robbery at the Beazley Bowling Alley in Cole Harbour back in May.

Halifax RCMP first reported that four bandana-

clad men — which they now say could be five — followed a 19-year-old female employee and her friend all the way to Porters Lake after she closed for the night at the alley just after midnight.

The men then allegedly jumped out of their car and forced the girls to drive back to the bowling alley and turn off the security alarm. The men placed the girls' heads in bags and held guns to their heads while discussing shooting them, Beazley owner Al Peters told Metro after the incident happened. An undisclosed amount of money was stolen from the alley.

Yesterday morning police arrested one suspect on

Simmonds Road in North Preston.

By the afternoon three other men had turned themselves into police. At 4 p.m. a 17-year-old youth was also arrested on Alex Lane in North Preston.

"It's been an ongoing investigation since the robbery took place in May," said RCMP spokesman Cpl.

Joe Taplin. "So we had officers from the integrated team that were dedicated to this investigation. Through information they kept receiving and investigation of tips lead to the arrests of these five individuals."

Taplin said charges against the individuals could be laid today.

The RCMP have arrested two 15-year-old males in relation to windows being broken at Government Wharf in Eastern Passage early yesterday morning. Police say two windows at Boondocks, one at Dockside Treasures and one at the Government Wharf administration offices were broken. METRO HALIFAX

Local



Record-breaking year for films

Film Nova Scotia announced yesterday it was a record-breaking year with \$150 million in production activity for 2008-09, with the figure directly attributed to the Nova Scotia government's film tax credit. According to a government release, the tax credit "supports local productions and helps attract more foreign film productions." The release said both local and guest productions led to the record figure.

METRO HALIFAX



Women struck by fire truck in hospital

INVESTIGATION A woman was sent to the QEII Health Sciences Centre in Halifax with what are believed to be non-life-threatening injuries after being struck by a fire truck yesterday afternoon in Lower Sackville.

Halifax RCMP say the fire truck was responding to a call with its lights and sirens on when a woman walked into the street in front of the moving vehicle on Glendale Drive near the intersection of Pinehill Drive.

Police are investigating the cause of the accident.

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What's online today.

Video Canada to pursue bilateral deals after Harper says talk of a global pact has "stalled" at metronews.ca/canada

Video Canadian-trained Afghan police officers will be on the front line of security during next week's elections at metronews.ca/canada

Blogs

Hollywood Rants counts down the Top Five John Hughes sound-track songs



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System failed Hyde: Doctor

Physician says Tasered man should never have left the hospital

HILARY BEAUMONT
for Metro Halifax

Dr. Stephen Curry told the fatality inquiry into the death of Howard Hyde yesterday he believed the system failed the 45-year-old.

The doctor testified he chose not to involuntarily commit the mentally ill man to the QEII Health Sciences Centre after he was

Tasered by Halifax Regional Police because he thought Hyde would see a forensic psychiatrist before an arraignment at court the next morning. That did not happen.

"Knowing what I know now, he should not have left the hospital," Curry told the inquiry.

Just hours after Hyde's



Howard Hyde

struggle with police, Curry treated the schizophrenic man, who had been off his medication. Hyde was Tasered in a police booking office November of 2007 and died in jail 30 hours later.

When Hyde arrived to the hospital at 3 a.m., the doctor said, the emergency room was busier than usual. He

also said the nurses he relied on to monitor his patients were understaffed.

At the time, the doctor said he felt Hyde had experienced a "metabolic event" rather than a "cardiac event," which would have indicated a problem with his heart.

With his hands in cuffs, Hyde sat comfortably on a bed in the emergency room while the doctor examined

him for five to 10 minutes, looking for head injuries and other serious problems. During the examination, Hyde tried to kick Curry, the court heard.

Curry treated Hyde with medication to calm him down. When the doctor "peaked in" twice more, he said Hyde "appeared to be improving." So he allowed Hyde to leave hospital in handcuffs.

Council rejects plan to charge blind bus riders

PAUL MCLEOD

paul.mcleod@metronews.ca

TRANSIT Blind passengers will continue to ride Metro Transit for free after Halifax Regional Council rejected a plan to take away free bus passes for the visually impaired.

For decades members of the Canadian National Institute for the Blind have been able to ride the bus for free. But recently Metro Transit planned to revoke the free passes because it was seen as being unfair to people with other disabilities.

That plan needed to be approved by council, but they voted unanimously to continue the free pass program yesterday. In fact, in front of dozens of visually impaired people sitting in council chambers, council voted to expand the passes without debating the issue.

That angered Portland-East Woodlawn Coun. Bill Karsten, who said he had



Passengers get off a MetroLink bus in Sackville in this file photo from last year. HRM council has ordered Metro Transit to continue the bus passes for the blind program.

important questions he wanted to ask but didn't get a chance to because council was afraid to discuss the motion. But after the vote many in the crowd began yelling "thank you."

"I'm glad that city council was unanimous and so quick about it," said Duncan Williams, executive director of CNIB Maritimes.

"Our clients have not got equal access to the service that they're being asked to pay for. So until that happens it's not reasonable to ask for them to pay for service that's not nearly as accessible as it should be."

In other council news yesterday, municipal officials announced they are working on a plan to fight the smell from the broken

harbour solutions plant but it likely won't be in place until the end of summer.

Officials are planning to divert wastewater flow through an existing pipe that lets out approximately one kilometre into Halifax Harbour. Many of the parts required to do this have been ordered but will not arrive until the end of August.

News in brief

ACCIDENT Police have released the name of the man who died in a motorcycle accident Sunday afternoon. Halifax RCMP say Timothy Miller, a 48-year-old from West Lawrencetown Road, died of his injuries from a collision with another motorcycle on the Waverley Road. Police say at about 5:10 p.m., two motorcycles travelling together toward Dartmouth rounded a slight curve in the road and appear to have lost control. Police believe the two vehicles may have come in contact with each other before crashing. A 46-year-old female who was driving the other motorcycle remains in hospital listed in serious condition.

ROBBERY A man left with an undisclosed amount of money after Halifax Regional Police say the Bank of Montreal on George Street in Halifax was robbed yesterday afternoon. Police say at 2:41 p.m., a man entered the bank and demanded money from the staff. No one was injured, with the suspect described as a white male in his late 40s, about five-foot-10.

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DRUM! banging in Milwaukee

Halifax-based DRUM! is hitting the road to take part in North America's largest Irish Festival with its Rhythms of Our Nations show tomorrow through Sunday in Milwaukee. The Milwaukee Irish Festival boasts crowds of up to 125,000, with this particular DRUM! performance to include 12 performers. **METRO HALIFAX**

Bookstore says it will close, customers pay final respects

ALY THOMSON
for Metro Halifax

Owner Heidi Hallet couldn't hold back the tears in the office of Frog Hollow yesterday.

After 25 years in business, the independent Halifax bookstore will be closing its doors on Aug. 22. The store made the announcement yesterday.

"It has been by far the most rewarding job I have ever had," Hallet said after saying how much she will miss her faithful customers.

The door chimes were jingling yesterday as faithful customers poured into the store after hearing the news.

But the store's devoted customers weren't enough to compete with online book sellers, big box stores, discount retailers and grocery stores.

Hallet, the bookstore's owner for the past three and a half years, said her rent has been continuously rising, and her sales have dropped in half over the past six years.

Frog Hollow moved from Park Lane mall to nearby Brenton Street in June.

Hallet said there was a noticeable increase in traffic



Frog Hollow owner Heidi Hallet stands inside her independent bookstore yesterday on Brenton Street in Halifax. After 25 years in business, Frog Hollow will be closing its doors on Aug. 22.

and sales, but not enough to keep the store open.

She said they were almost shut down in February.

"They were going to lock us out if we couldn't cough up two months' rent," she said.

"So we sent the call out to the public that we were in trouble and customers came to our rescue."

After catching the news

on the radio, Cathy Karpenko, an occasional customer of Frog Hollow, rushed over to pay her respects to the closing book store.

"I hate that small bookstores are closing," Karpenko said after picking up a book marked 40 per cent off.

"These stores expose writers that do not normally re-

ceive exposure."

Hallet said the future of independent bookstores is foggy.

"Independent bookstores are an endangered species," she said.

"People need to start realizing the value of local independent business and the choice that they're going to miss out on when they're gone."

Halifax housing starts decline 20% year-over-year

ECONOMY The housing market in Halifax is coming off a not-so-rosey July according to the Canadian Mortgage and Housing Corporation's preliminary data released yesterday.

The results show there were 177 total housing

starts last month, compared with 284 for July of 2008.

There were 107 single-detached units started in July, down 20 per cent from a year ago.

Multiple starts also declined, from 150 in July of

2008 to just 70 last month.

Across the country, total housing starts in July were down 32 per cent, from 15,456 units to 10,570.

METRO HALIFAX



News in brief

VANDALISM Police are investigating damage done at the Colby Drive Swimming Pool in Cole Harbour, which includes

someone putting sawdust or some type of powder in the water. A Halifax RCMP release says the damage was done

sometime overnight Sunday or Monday and also includes someone cutting the pool's tarp and vandalism to the

steel door. This is the second time in the last week vandalism has taken place at the popular swimming pool. Last

Thursday police say someone destroyed the sun/rain shelters outside the pool near the tennis courts. If you have any

information on this you can call Crimestoppers at 1-800-222-TIPS (8477).

METRO HALIFAX

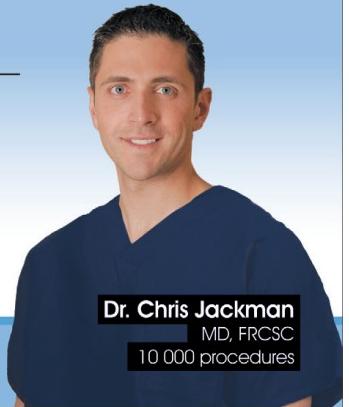
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Shooting victim not co-operating: Cops

PHILIP CROUCHER
philip.croucher@metronews.ca

A 23-year-old man who showed up with a bullet wound to his leg at the QEII Health Sciences Centre Monday evening isn't co-operating with police.

"... He's not co-operating with us at all, however we're certainly looking into whether it could be related to the Highfield Park shooting," said Const. Brian Palmer.

Police believe a dispute between two groups of people led to Sunday

night's shooting. They say information from residents indicate at least three males were involved, and the shooting may have been a retaliation to someone being bear sprayed or pepper sprayed just moments earlier.

New program provides caregivers some cash relief

ALLOWANCE Low-income residents are now eligible for up to \$400 caregiver allowance under a new financial assistance program announced by the province yesterday.

A government release said both caregivers and the person requiring care must meet certain requirements to be eligible for the allowance program.

To qualify, the caregiver and care recipient both must be at least 19 years of age, a Nova Scotia resident and have a valid Nova Sco-

tia health card number. The caregiver also must provide 20 or more hours of assistance per week to the care recipient.

The care recipient must also receive a home care assessment, and have an income review done.

To qualify for the allowance program a care recipient who is single or widowed can have a net income of up to \$18,785.

A married care recipient can have an annual net household income of up to \$35,570.

METRO HALIFAX

The classic literary novel *To Kill a Mockingbird* is being pulled from the Grade 10 English course at an Ontario high school after a parent complained about the use of a racial epithet in the book. Harper Lee's Pulitzer Prize-winning novel challenges racial injustice in America's Deep South. **TORSTAR NEWS SERVICE**

Canada



Young to be honoured

Eclectic rocker Neil Young, left, who has made no secret of his disdain for the Grammys in the past, is receiving a humanitarian award from the group that hands out the music industry's top honours. The Canadian singer-songwriter, 63, will be honoured during the 20th annual MusiCares gala taking place in Los Angeles on Jan. 29, two days before the Recording Academy holds the Grammys.

REUTERS

Canadians back public care: Poll

Majority supports 'public solutions' to health-care issues

Days before a Canadian Medical Association meeting expected to be dominated by talk of privatized health care, a poll indicates overwhelming support in this country for keeping medicare public.

The poll by Nanos Research, to be released today, found 86.2 per cent of the 1,001 people surveyed sup-

"There is compelling evidence that Canadians ... would prefer a public over a for-profit health-care system."

Nik Nanos, Nanos Research reported or strongly supported "public solutions to make our public health care stronger."

"There is compelling evidence that Canadians across

all demographics would prefer a public over a for-profit health-care system," Nik Nanos of Nanos Research said of the poll, commissioned by the Canadian

Healthcare Coalition.

Support was strongest in Quebec, at 87.6 per cent and lowest in Ontario at 84.1 per cent.

The poll, conducted between April 25 and May 3, is considered accurate within 3.1 percentage points, 19 times out of 20.

The CMA meets for four days beginning Sunday,

when outgoing president Robert Ouellet will present the results of a five-country study of health care in Europe.

The study is expected to call for private clinics, such as the chain of radiology centres owned by Ouellet, to play a bigger role in Canada's health-care system.

RCMP should not investigate self: Report

SYSTEM Mounties should not investigate themselves on serious cases that involve death or sexual assault, according to a report released yesterday.

The current system, which was used to investigate the death of Polish immigrant Robert Dziekanski at Vancouver's airport, is flawed, inconsistent and fails to instill public confidence, the Commission for Public Complaints Against the RCMP (CPC) has concluded.

"As the seriousness of an alleged offence by a member increases, the discretion for the RCMP to respond as it deems appropriate must be removed and be replaced by mandatory requirements," said CPC chair Paul E. Kennedy.

The RCMP doesn't have "solid policies" on how in-

Cases

- Of the 28 cases examined, a main investigator who personally knew the accused conducted 25 per cent of them. In 60 per cent of the cases, a lone investigator was assigned and their qualifications varied significantly.

ternal criminal investigations should be handled.

To remedy the situation, the CPC is recommending the creation of a National RCMP Member Investigation Registrar to co-ordinate the development of policies.

Serious investigations should be referred to an external police force or provincial criminal investigation body with the involvement of a CPC observer.

METRO VANCOUVER

Diplomacy Canada signs trade deal with Panama



Prime Minister Stephen Harper, right, and Panama's President Ricardo Martinelli wave before the start of their meeting in Panama City yesterday. Canada and Panama signed a free trade agreement that will eliminate tariffs on most exports to the Central American nation.

CHRIS WATTIE/REUTERS

Female war resister wins a new review

COURT The first female Iraq war resister to seek refuge in Canada has won a new review of her case based on punishment she might face in the United States for speaking out against the war.

Federal Court Judge James Russell yesterday ordered a second immigration officer to examine the case of Kimberly Rivera, 27, who served in Iraq in 2006 and fled to Canada in 2007. Russell said the first officer failed to take account of the harsh punishment outspoken anti-war deserters have received in the United States. TORSTAR NEWS SERVICE

Study looks at drug injection sites for Ontario

HEALTH Even as the future of Vancouver's controversial supervised drug injection site remains in doubt, a group of researchers are

quietly studying whether Toronto and Ottawa would benefit from similar facilities.

The study will evaluate whether there is a need in the two cities for clean, staffed medical clinics where drug addicts can inject or use illegal drugs, in-

cluding heroin and crack cocaine.

Vancouver's Insite program, the first supervised injection site in North America, has been embroiled in controversy since it opened in the city's Downtown Eastside in 2003. TORSTAR NEWS SERVICE

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French embassy worker out of jail in Iran

A staffer of the French embassy in Tehran, on trial for spying, has been released from jail — although she is still being prosecuted, President Nicolas Sarkozy's office said yesterday. **REUTERS**

World

Teen charged in school plot

State prosecutors in Germany have charged a 16-year-old schoolgirl with attempted murder for planning to burn her classmates alive this year.

The teenager from the western town of Sankt Augustin is accused of hatching a plan to lock pupils in their classrooms at her school and set fire to the building with gas bombs, prosecutors in Bonn said yesterday.

"The accused has made a comprehensive confession," prosecutors said in a statement. "According to her own statements and the investigation, she appears to have had a huge problem with fellow pupils, teachers and her parents."

If found guilty of attempted murder, as well as charges of causing grievous bodily harm, planning an explosion and breaking gun laws, she faces a youth custodial sentence of up to 10 years.

On May 11, the girl entered the school armed with the gas bombs, a starting pistol and a short sword with which she planned stab a teacher in order to steal the classroom keys, prosecutors said.

However, the plan failed when another schoolgirl stumbled upon her in the toilets as she donned a mask. The accused wounded the 17-year-old with the sword but a teacher intervened to rescue her. **REUTERS**

Slovakia Mine victims remembered



Residents light candles yesterday during a memorial for miners killed in Monday's mine explosion in Handlova, Slovakia. The Slovak government will launch an investigation into the coal mine explosion which killed as many as 20 workers, Prime Minister Robert Fico said.

News in brief

TAIWAN About 700 people from the remote mountains of southern Taiwan were found alive overnight after it was feared they may have been buried by mudslides, officials said. The survivors from four villages made it to higher ground before walls of mud and rock submerged their homes, said an army official involved in the effort.

FLU Costa Rican President Oscar Arias is suffering from influenza A (H1N1), also known as swine flu, a government official said yesterday. Nobel Peace Prize winner Arias, 68, expects to return to work Monday, officials said.

REUTERS

Charity head found murdered

CHECHNYA The kidnapped head of a children's charity and her husband were found murdered in the trunk of a car in Chechnya yesterday in the latest in a string of killings in the troubled Russian state.

The bodies of Zarema Sadulayeva and husband Alik Dzhabrailov were found with multiple bullet wounds hours after they were seized from the office of the Save the Generations charity in Grozny. The attack comes a month after leading Chechen rights activist Natalia Estemirova

REUTERS

Journalist killed

- In a separate attack in Chechnya yesterday, a copy editor for a local newspaper was shot dead, a police spokesman said.

was kidnapped and murdered by unknown assailants.

Regional leader Ramzan Kadyrov has been accused by some critics of ordering the killing of Estemirova and ordering rights abuses by the security forces.

REUTERS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Plenty of quacks found online

TheWestView

Paul Sullivan



metronews.ca/thewestview

You know you're not a good old boy (GOB) when ... you don't get hunting. And I don't get hunting.

Call me crazy but I don't understand the great satisfaction that goes with blow-

ing up small animals for fun. Or large animals, for that matter.

So when I watched the YouTube video of the three yahoos blowing up ducks for yucks on a Saskatchewan slough, it set what's left of my hair on fire. If you haven't seen it, it's easy to find. Just Google "YouTube duck shooters" and click straight through to shock and outrage.

And there has been an outcry. The three GOBs in question pleaded guilty to various violations of the Dead Bird Act. Of course,

they got off with a fine and a rap on the knuckles — so now their fake contrition can evaporate like a morning mist on a Prairie pond and they can go back to being full-time morons.

If the punishment fit the crime, they'd be up for an extended stay in the Hardrock Hilton for trashing nature while they run around giggling — then compounding their stupidity by posting it on YouTube. Let's see how they feel if they get to be the sitting ducks and the jailhouse regulars get to be the

hunters.

The sad truth is that one of the charges these guys pleaded guilty to was hunting out of season — a mere technicality. In season? All you need is a licence and a ridiculously overpowered firearm.

The even sadder truth is these YouTube boobs are hardly unique. There are hundreds (thousands?) of other videos posted on YouTube featuring beefy guys in high-tech gear blowing away ducks, rabbits, bears and various ungulates with carefree abandon, all

perfectly legal, all in season.

And yes, I still eat meat, which I buy at a supermarket. And yes, that makes me a shameless hypocrite. I'm trying to quit. But here's the news: We have perfected the technology of fang and claw. There's no need to go out and actively track down dinner, unless you're one of the few thousand people left on the planet who are legitimate hunter/gatherers.

And if you try to convince me there's something special about duck à la buckshot, you're just adding in-

sult to injury. Real men eat tofu.

GOBs, it's time to hand in your weapons. There are plenty of exciting alternatives to exterminating Daffy and Donald and an annual estimated 100 million of their woodland friends. Take pictures of ducks instead. You get to shiver for hours in a blind, just like hunting. You don't need a licence and it's a helluva lot easier on the critters.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: How has the economy affected your vacation plans this year?

Carl Macleod

age 23,
Cape Breton

A: I'm a student so I'm too broke to travel. I made it to AC/DC, though.



Sue Taft

age 54,
Michigan

A: It hasn't really affected our plans because we are OK financially.



Joe Young

age 23, Enfield

A: Not really. A couple of times trips fell on my lap and I took advantage of them. They were very cheap.



Celina Vee

age 26, Toronto

A: Fuel surcharges are so high, so whether I want to book a flight or take a car to visit a friend's cottage, it's still going to cost ... more than it usually would.



Pheing Ngo

age 27, Ottawa

A: I think the economy has affected a lot of people's vacation plans. For me, I'm planning to go to California closer to the winter instead so it'll be a little cheaper.



Samantha Thomson

age 30,
Vancouver

A: (The economy) has forced me to take more vacation. In a tougher economy we look for more escapism. I just came back from France and England.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax
Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Lions Gate to distribute DVDs through Redbox kiosks

Lions Gate Entertainment Corp. said yesterday that it had reached a deal to distribute its DVDs through Coinstar Inc.'s low cost Redbox kiosks. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bankruptcies up 51% in June

Canadian bankruptcies rose 51.6 per cent in June compared to a year earlier as more consumers were unable to pay debts, but business bankruptcies rose only modestly despite the recession, a government report showed.

The number of consumer bankruptcies in June rose 54.3 per cent to 10,823 from June 2008, while business bankruptcies rose 10.8 per cent to 515, the Office of the Superintendent of Bankruptcy Canada said in a report.

"The sharp jump in consumer bankruptcies is not too surprising given we're coming off a recession, and it's probably a lagged response to the massive job

Affected sectors

- Business bankruptcies were concentrated in manufacturing, retail, finance, real estate and hospitality, while the number of bankruptcies in construction fell.

losses earlier in the year," said BMO Capital Markets senior economist Sal Guatieri. "Job losses have moderated, so we should see a slower rate of increase in consumer bankruptcies going forward."

Manufacturing, especially Canada's auto factories, has been hard hit by restructuring at the Big Three auto companies and production cuts across North America. **REUTERS**



7

CTV asks Ottawa to again regulate cable, satellite bills

BROADCASTING The Canadian Radio-television and Telecommunications Commission ought to turn back the clock and once again regulate the billing practices of cable and satellite companies, says CTV.

The broadcaster, owned by CTVglobemedia Inc., vowed yesterday to raise its concerns about "anti-consumer billing practices by cable and satellite companies" with the federal broadcast regulator during public hearings this fall.

"At a time when cable and satellite companies are experiencing record revenues and profits, Canadians deserve better including open and transparent billing practices from TV service providers," stated CTV.

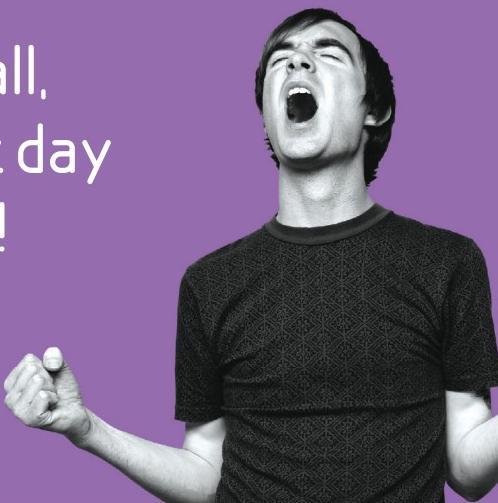
The CRTC began deregulating basic cable rates in 1997. It has never regulated consumer prices for upper-tier cable packages, which account for 95 per cent of cable subscribers.

TORSTAR NEWS SERVICE**Business in brief**

AUTO The Chevrolet Volt — the electric vehicle General Motors hopes will recharge its image with consumers — is on track to hit an unprecedented fuel economy rating of 98 kilo-

metres per litre in city driving, GM said yesterday. The Volt, to be introduced late next year, is designed to run for 64 kilometres from one charge of a lithium-ion battery pack. **REUTERS**

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Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Setbacks for Balsillie

COYOTES If the Phoenix Coyotes' bankruptcy case is analogous to a boxing match, than Jim Balsillie was staggered by a couple of solid body blows yesterday.

And the Canadian billionaire might hit the canvas even before the team goes up for auction on Sept. 10.

It was not a good day in court for Balsillie and his relentless pursuit of the Coyotes, the team he hopes to purchase and bring to Hamilton as Canada's seventh NHL franchise. Two develop-

ments were decidedly not in his favour.

Firstly, bankruptcy judge Redfield T. Baum, after ruling last week that the Sept. 10 auction was open to all bidders including Balsillie, has now set a hearing for Sept. 2 to determine whether the RIM co-CEO is a qualified bidder.

Secondly, the Coyotes' largest secured creditor has shifted its support from Balsillie's offer for the team to the \$148 million bid from Chicago sports mogul Jerry Reinsdorf. **TORSTAR NEWS SERVICE**

Murray wins at Rogers Cup

TENNIS Briton Andy Murray began his hardcourt campaign with a workmanlike 6-4 6-2 win over Frenchman Jeremy Chardy to ease into the third round of the Rogers Cup in Montreal yesterday.

Playing his first competitive match since falling to Andy Roddick in the Wimbledon semifinals, Murray struggled at times to find

Canadians out

- Frederic Niemeyer lost to Roger Federer, while Peter Polansky fell to Novak Djokovic.

his rhythm after a five-week layoff but the third seed never looked threatened by Chardy. **REUTERS**

Sports in brief

QMJHL Ryan Hillier, Billy Manley and Jason Troini are the latest players confirmed for the Halifax Mooseheads' alumni game against Halifax Regional Police on Aug. 23 at the Forum. The 3:30 p.m. showdown precedes the team's pre-season opener. **METRO HALIFAX**

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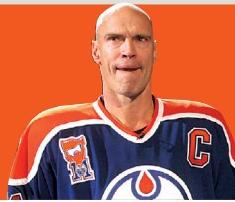
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Jason Spezza will take part in the national men's Olympic team orientation camp, Hockey Canada announced Tuesday. The Ottawa Senators sniper will replace Anaheim Ducks forward Ryan Getzlaf, who is recovering from off-season surgery. **METRO NEWS SERVICES**

Spezza invited to Olympic camp



Moose helps Olympians

Bobsleigh Canada Skeleton, the governing body for bobsleigh in Canada, has turned to Mark Messier, left, to impart his leadership skills. The men's bobsled team has a long history as a fractious bunch, but Messier held them in rapt attention for the 2½ days he spent with the team. Messier is now offering his services, free of charge, to any Canadian Olympian who thinks he could help them out. **TORSTAR NEWS SERVICE**

Looking to rebound

Healthy van Koeverden plans to go all out on Lake Banook

MATTHEW WUEST
matthew.wuest@metronews.ca

A free helicopter ride over the Grand Canyon might sound like the highlight of a memorable summer vacation.

But when it's the Arizona Department of Public Safety airlifting you out after you broke your ankle while whitewater rafting — and you're one of Canada's most recognizable Olympians — that free ride is a nightmare you'd rather forget.

"It probably wasn't the best way to get a Grand Canyon helicopter trip around the Hoover Dam," a sheepish Adam van Koeverden said yesterday while promoting this weekend's world sprint canoe-kayak championships on Lake Banook.

The injury did very little for his bid to rebound after a disappointing showing at last summer's Beijing Olympics, where he offered a dejected apology on national television for an eighth-place finish in the K-1 1,000 metres.

Although most assume lower-body injuries have little impact on kayakers, van Koeverden, 27, dispelled the myth.

"There's nobody with



Adam van Koeverden of Canada competes in the Kayak Single (K1) 1000m Men's Heat at the Shunyi Olympic Rowing-Canoeing Park at Beijing 2008 Olympic Games.

Medal hopes

- Among Canada's other top medal hopes are Mark Odershaw in the canoe singles events; Karen Furneaux in women's kayak singles; Richard Dobler and Andrew Willows in men's pairs kayak; and the women's K-4 team.

TORSTAR NEWS SERVICE

skinny chicken legs around here," he said. "We use our lower bodies ... and quite significantly."

Despite the setback, van

Koeverden has stated he will be "givin' it hell" on Lake Banook. The only evidence of the June 16 accident is a three-inch scar on his right ankle from surgery that drilled four half-inch screws into his fibula.

He addressed reporters yesterday with an optimistic outlook, calling his summer a "positive experience." It was the first time in his career he had cut back on his training.

"I got back on the water feeling better than I did when I left," he said. "The rest definitely did its job."

The Oakville, Ont., native — a resident of Murray Hill Drive in Dartmouth for two years of his early childhood — said he only took three days of training off. Against the advice of doctors, he got right back to the gym, using a paddling machine while soaking his broken ankle in a bucket of ice.

He was back in a kayak by late July and had "a solid seven weeks of preparation" for the world championships.

"It was a challenge," he said. "But every athlete likes a challenge."

Racing at home 'a huge thrill' for Dalton

MATTHEW WUEST
matthew.wuest@metronews.ca

There were times this summer when it looked as though Richard Dalton wouldn't make it to the world sprint canoe-kayak championships on Lake Banook.

The Halifax native didn't qualify for the spring World Cup tour and rattled off six consecutive second-place finishes at national team selection trials. It wasn't until the final set of trials last month in Montreal that Dalton finally earned his spot by winning the C-1 200 metres and the C-4 500.

Dalton knew coming in he was going to be in a dogfight for a spot, having fallen short of the Beijing Olympics last summer af-

Nova Scotia athletes

Nova Scotia's athletes at the world sprint canoe-kayak championships on Lake Banook.

MEN'S CANOE

- Richard Dalton, Halifax
- Andrew Russell, Dartmouth
- Ben Russell, Dartmouth

MEN'S KAYAK

- Ryan Cochrane, Windsor
- Mark de Jonge, Halifax

ter competing at the Athens Games in 2004.

"The margin for being on the Canadian team and on the outside looking in is so small, there's no guarantee that any given year you'll race for Canada," said Dalton.

"To actually clinch a spot and race at home is a huge thrill for me."

Dalton, who turns 30 later this month, is one of No-

WOMEN'S KAYAK

- Karen Furneaux, Waverley
- Una Lounder, Dartmouth
- Jillian D'Alessio, Middle Sackville
- Genevieve Orton, Lake Echo

WOMEN'S CANOE

- Maria Halavrezos, Dartmouth
- Jenna Marks, Dartmouth



Una Lounder

will compete at worlds. They are expecting a large, loud contingent of local support.

"It's really nice to be here with the team and we all have a lot of support here," said Dartmouth's Una Lounder, who is competing in the K-2 500. "It's nice to know there are going to be a lot of familiar faces in the crowd cheering for us."

Forbes ranks Schulich No. 1

York University's Schulich School of Business is listed as the top business school in Canada in Forbes' biennial ranking of global business schools. Schulich placed sixth worldwide among non-US two-year MBA programs. METRO NEWS SERVICES

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Crashing, burning and getting paid

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada

James (Bam-Bam)
Bamford has been burned alive, bashed with furniture and thrown out of high places thousands of times.

The 42-year-old stuntman, stunt coordinator and president of Stunts Canada has performed and managed stunts for more than a hundred movies and TV shows like Get Carter, Blade Trinity, Battlestar Galactica and Stargate Atlantis. If you saw the trailer for the recent movie Watchmen, that was Bamford getting kneed in the chest by Night Owl in a prison fight scene.

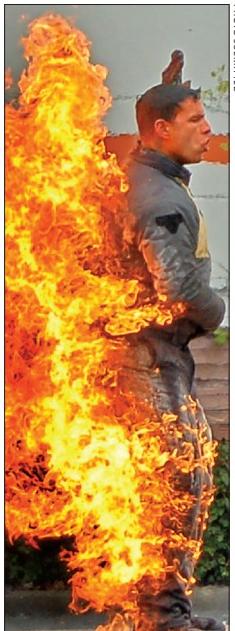
Bamford was a juvenile corrections officer and taught martial arts before getting into his start in stunts about 17 years ago. A stunt coordinator called him looking for a stunt double who could do martial arts for the TV show Cobra and tall, trim Bamford fit the bill perfectly. The director nicknamed him Bam-Bam that first day on set and the name has stuck with Bamford since. Bamford doubled for David Duchovny for most of The X-Files' entire run and was primary stunt coordinator on the recently ended series Stargate Atlantis.

Throughout his stunt career Bamford has worked with dozens of action stars like Sylvester Stallone, Arnold Schwarzenegger and Vin Diesel. Gwyneth Paltrow smashed him over the head with a stool in the film Duets and he has been light on fire, thrown off cliffs and hurled through windows more times than he could ever count. While some people probably think that all sounds like a barrel of fun — and Bamford insists that it certainly is — doing stunts correctly

and safely is much harder than it looks.

"People see the easy days and think, 'I could do that.' They don't see the days you break your arm," Bamford said.

"It takes an incredible amount of concentration and an incredible amount of athletic ability to perform a stunt correctly. Just to jump off a building you have to train your brain to allow you to do it. A stuntman is not a daredevil," he



As a stuntman and stunt coordinator, James Bamford has been burned alive on numerous occasions, he says.

added.

While safety is paramount, no stunt is 100 percent safe — that's why

stunt people get hired in the first place.

"We're a calculated risk but there's always that risk.

You try to make a stunt as foolproof as possible but the more variables you add, the more risk there is.

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A new study shows that many U.S. buyers are almost as likely to buy a car made in China or India as they are one from Korea, according to auto research firm AutoPacific. METRO NEWS SERVICES

Metro Drive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

An Eclipse to watch

Redesigned coupe shows its many colours

ROB BIENTEMA
for Metro Canada



Yellow sports cars.
Always seemed like overkill to me. Gilding the lily. Clamouring for attention. Unnecessary. An extrovert's exercise in ego-boasting.

I mean, having a sports car should be statement enough. Do you really need it in "hey, look at me!" yellow just in case nobody notices?

So maybe I was a little dubious as I took my first walk around the car. Or maybe I'd just got out of bed on the wrong side that morning because, as I circled the car, I grudgingly came to admit that the 2009 Mitsubishi

2009 Mitsubishi Eclipse Coupe

Type: Four passenger, two-door sports coupe
Price: GS \$25,998; GT-P \$34,798
Engine: GS 2.4-litre four-cylinder (162 hp, 162 lb/ft); GT-P 3.8-litre V6 (265 hp, 262 lb/ft)

Highlights

- New colour options
- Fun to drive
- Impressive redesign

Eclipse Coupe looked pretty damn fine after all. Even in yellow.

Solar yellow is one of three new colours for the Eclipse this year, along with Maizen Blue pearl

and Quick Silver metallic.

Personally, I've always been partial to the burnt orange shade of Sunset Pearlescent, particularly handsome on this car. But almost any colour seems to compliment the play of light along the curvaceous lines and flanks of this fourth generation Eclipse.

For 2009, the front and rear bumper fascias have had a facelift. The aggressive front end adopts the gaping grille 'jet fighter intake' design cue from the popular Lancer Evolution, a look that is spreading across the Mitsubishi lineup.

There are two model choices within the Eclipse Coupe lineup — a four-banger base GS and an upscale V6-powered GT-P ver-

The Mitsubishi Eclipse Coupe boasts beautifully executed styling revisions for 2009.



A forest in your car

Nissan has developed a new "Forest AC" air conditioning system, which systematically controls cabin temperature, ventilation, aroma and humidity to recreate the refreshing climate, fragrance and natural breezes of relaxing forest settings. METRO NEWS SERVICES



sion. We'll leave the Eclipse Spyder convertibles for another story.

Under the hood, the base Eclipse GS starts things off with the standard 2.4-litre, 16-valve, SOHC four-cylinder engine equipped with Mitsubishi Innovative Valve timing and lift Electronic Control (MIVEC) technology, making 162 hp at 6000 rpm and 162 lb/ft of torque at 4000 rpm. This engine is unexciting but fairly frugal, rated at 10.5/7.3L/100km (city/hwy)(manual).

This was a fun engine to row through the gears, powerful and responsive.

Inside, the Eclipse Coupe is comfortable for two.

The one-piece highback front buckets feature open headrests for a sporty look and enhanced rear visibility and were inspired by Mitsubishi rally cars.

Although officially rated as a four-seater, the rear seat in the Eclipse, as is the case in most 2+2s, is an afterthought, suitable only for occasional torture and more usually used as a receptacle for briefcases, purses and other odds and ends.

AutoPilot

Michael Goetz

Read this week's column at metronews.ca/autopilot

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Kingsway Court Dental Centre: Grand Opening Celebration

More than 300 kids belong to the Sackville Boys and Girls Club, and most of those youth will benefit thanks to the newly re-opened Kingsway Court Dental Clinic at 601 Sackville Drive.

The newly re-opened clinic is holding a special charity fundraising event. For every \$35 custom mouth guard purchased, \$5 will go directly back into the local Sackville Boys and Girls Club.

On Aug. 15, from 11-2 p.m. the Sackville Boys and Girls Club will host a special barbecue and family event at the new clinic to help raise awareness of this promotion.

Families will have a chance to enjoy hot-dogs, games and book their appointment for the custom sport mouth guard at the clinic.

"This is a win win," says Trevor Brown, Executive Director of the Sackville Boys and Girls Club. "As a Not for Profit organization, we know how to make every penny worth a quarter. For example for the 25 youth leadership group members who arrange the event, half the money will help with their end of summer camping trip."

The Custom Sport Mouth Guard Clinic begins in August will continue for months to come, giving kids the opportunity in the foreseeable future to have a custom sport mouth guard that will also benefit this local charity.

For Dr. Ursula Lozowski, owner of King-

sway Court Dental Clinic, this was the perfect introduction back into the community. Not only is she able to help reintroduce the clinic to the community, help local youth, but she also gets to raise awareness about the importance of custom sport mouth guards.

Kingsway Court Dental Clinic has a long history in the community of Sackville. There have been a few other dentists who have already called this location home, but it has been closed for a few months. Lozowski says she felt the location was ideal.

"It's a wonderful spot," says Lozowski. "We felt it was important to reopen it and make sure we welcome new families in the heart of this growing community. That is why we're also proud to support the Sackville Boys and Girls Club."

Brown says he was thrilled to hear about the re-opening. "For us, it's great that the kids get to help to fund raise, raise awareness in the community about a good cause and help others. The best part is



(from top left) Newly-renovated dental area, friendly receptionist Susan Dunfee, Kingsway Court Dental Centre on Sackville Drive.

that they don't even know they're doing anything other than having fun. For us, that's the best part."

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Mouth guards for athletes heading back to school

As parents prepare their kids for back to school, many aren't even aware of an important piece of equipment that children involved in sports should

have—a custom sport mouth guard.

It takes a 15 to 20 minute appointment with a dentist or dental assistant and

quick follow up appointment to fit a custom mouth guard, a small piece of dental gear that could help protect a child from tooth damage, or painful cuts to the lips and mouth sustained while playing their favourite sport.



Mouth guards protect your children when playing sports.

Unlike guards found at sporting stores, a custom sport mouth guard will stay in the mouth better and protect the teeth and jaw by absorbing the impact that may result in a damaged jaw and concussion. Anyone who plays a sport where there is a risk of injury to their teeth should consider wearing a mouth guard.

To make it even more inviting, the custom guards are coloured—maybe to match a team's uniform. The guard is made of a heavy duty, flexible, hard-wearing Proform laminate which also ensures the owner can breathe easily. The mouth guards will help build confidence and give parents piece of mind.



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Dental centres support local charities with your child's smile

Starting in August, six local dental clinics have come together to raise awareness of custom sport mouth guards. A custom sport mouth guard can be made available to anyone and not just for professional athletes.

This simple misconception was the catalyst for this special charity event.

For the foreseeable future, the six clinics listed below are offering mouth guards for \$35 and \$5 of that pur-

chase will go to each clinic's charity of choice.

For more information, contact one of the clinics listed below.

Kingsway Court Dental Centre

601 Sackville Drive (902) 865-3368

Beneficiary: The Sackville Boys and Girls Club

Dunbrack Dental Centre

255 Lacewood Drive (902) 443-5877

Beneficiary: Kids Help Phone Halifax

Fenwick Dental Centre

5595 Fenwick Street (902) 421-7500

Beneficiary: Children's Wish Foundation of Nova Scotia

Brooklyn Dental Centre

7859 Highway 14 (902) 757-2583

Beneficiary: The Windsor Youth Recreational & Sport Fund

Gladstone Dental Centre

6155 North Street (902) 453-6770

Beneficiary: IWK Cancer Unit

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Beneficiary: Bryony House



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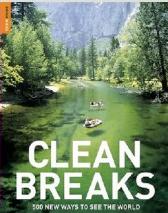


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If you're a fan of flea markets, head to the Braderie de Lille, Europe's largest flea market, to be held in Lille, France from Sept. 5-6. More than one million visitors stroll the city's streets that weekend to shop, take in street performances and eat moules frites, or mussels with fries. METRO NEWS SERVICES

Travel



Low-impact travel

If you find the concept of eco-friendly travel — not to mention so-called responsible travel — intriguing in theory but difficult to put into practice, check out *Clean Breaks: 100 New Ways to See the World* (Rough Guides) by Richard Hammond and Jeremy Smith, \$34.99. The book offers up all kinds of concrete ideas for trips that both minimize your negative impact on the earth and maximize your positive impact on a destination. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

5

ROMINA McGUINNESS
Metro World News

These days, you can get miniature versions of just about everything: Magazines, toothpaste, mascara brushes ... the list is endless. But now travellers are searching out mini-sized hotel rooms that can serve as a sort of glorified locker while one heads off to explore a destination.

The concept of the pod or capsule hotel stems from Japan, where they were designed to give people with busy working lives — not to mention those who had a few too many shots of sake at a client dinner and missed the last bullet train home — a place to crash in for a few hours sleep.

The focus here is on cheap, comfortable and compact but stylish rooms that still manage to cram the latest technologies,

pint-sized pod hotels

Smaller is better at this new breed of accommodation



Two examples of the pod hotel concept in New York include, left, The Jane, which features cabin-style rooms, and right, The Pod Hotel.



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The Pod Hotel, New York: Pod and blog

The concept: Although there is no denying the simple, stylish and high-tech pods are great value for money, this is of secondary importance at The Pod, where the focus is on saving energy (and cash) for socializing, interacting and discovering New York City. Stop at the Pod Café, a rooftop bar serving home-style organic food for a chat with your pod pals, or

find out about their experiences on the Pod Community Blog, where guests can post comments about their stay, making it a sort of online concierge service.

Expect flash updates on what's cool in town, including music, free events and activities.

Price per pod: From about \$112 per night.

The site: thepodhotel.com

The Jane, Manhattan: Survivors, sailors and holiday makers

The concept: This landmark hotel in New York's West Village was built as a hotel for sailors and re-

stored for its centenary in 2008. The building's cabin-style rooms sheltered the stranded survivors of the Titanic in 1912, but you're now more likely to come across hip but cash-strapped travellers than seafarers these days. The pod-sized rooms have the look and feel of a luxury ship's cabin — mixing iPod docking points and free Wi-Fi with antique fans. If you get a bit of cabin fever, the rest of the hotel is fortunately not based on the compact cruise ship concept — the grandiose ballroom lounge is always buzzing with guests also in

search of open space.

Price per pod: From about \$112 per night.

The site: thejanenyc.com

Yotel!, Heathrow Terminal 4, Gatwick South Terminal and Schiphol: Capsule cabin

The concept: Missed your flight? No need to strain your neck sleeping on a row of seats in the departures lounge when you can snooze for a couple of hours in a capsule-sized cabin with 24-hour room-service, monsoon showers and a jukebox to sing along to.

The pods are modelled

after the interior of a plane — you are after all, in an airport — with rooms designed for travellers with overbooked schedules and a thirst for technology and comfort.

If you have time to kill before check-in, opt for a premium cabin featuring a techno wall with flatscreen TV, surround-sound and iPod docks. But don't get too comfortable, or you may miss your flight.

Price per pod: From about \$53 for four hours or \$114 per night.

The site: yotel.com

Read more on page 15

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Flights prices are per person, one way excluding tax. Prices correct at time of going to print and are subject to change. E&OE

Rain, rain go away

Lufthansa has launched a new "sunshine insurance" offer to boost sales by offering its German customers money back if it rains on their holiday. For an extra fee those flyers can book flights with the added insurance to 36 destinations worldwide. **REUTERS**



Two views of the rooms at Qbic, a pod hotel where guests can change the colour of lighting in their tiny living quarters.

>> Continued from page 14

Qbic, Amsterdam: Cubed and Tuned

The concept: A four-poster bed, a shower and chair packed into just seven square metres — this is no dollhouse, but an average room at the Qbic, where interior designer Philippe Starck created the decor.

Everything here functions on self-service, from check-in to the Grab & Go vending machine that dispenses everything from snacks to toothpaste and neckties. The high point of

your short stay? In your quirky Cubi living space you'll be able to adapt the lighting — mellow yellow, red romance, deep purple love — to suit your mood.

Price per pod: From about \$125 per night.

The site: qbichotels.com

Capsule Inn Akihabara, Tokyo: Inn Tokyo

The concept: You can sleep in a capsule that's the exact replica of a jet airplane cockpit in Tokyo's original pod hotel.

Like other pod hotels, Capsule Inn has separate

floors for men and women, although sharing would be physically impossible as these functional pods are about the size of the average tanning booth rather than a hotel room. They are definitely not for the claustrophobic. There's also a main lounge area for those waiting for their next shuttle train home, or to the office.

Once nestled in your capsule bed, you'll be pleasantly surprised to find that there's still the space for a TV, radio, adjustable lighting and of

course, an alarm clock — to make sure you actually make it back to work in time.

Toothbrushes, robes (Yukatas) and razors (to get rid of morning stubble) are supplied free of charge and although the inn has no eating facilities, there is a world of options waiting outside. If you need to check your email or join a conference call, the ground floor lounge has free Internet.

Price per pod: From about \$55 per night.

The site: capsuleinn.com

Travel**in brief**

LONDON London's theatres are booming despite the recession as audiences are boosted by Britons staying at home. Record numbers of customers are

travel 15

flocking to shows in the capital, the Society of London Theatre said. The city's theatres had nearly seven million visits in the first half of the year. **REUTERS**

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New York Weekend

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CHARACTER'S
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No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 29, 2009 at 11:59pm.
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TARANTINO
HAS OUTDONE
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LARRY KING, CNN

**"DAZZLING...
TARANTINO
IS BACK ON
EXHILARATING
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CHRIS HEWITT, EMPIRE

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BLAZING
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IN THEATRES EVERYWHERE AUGUST 21



18 entertainment



Singer Jennifer Hudson gave birth to her first child, David Daniel Otunga, Jr., on Monday. He is named after Hudson's fiancé, David Otunga. "The baby is beautiful and perfect," says Hudson's publicist Lisa Kasteler. "His parents are ecstatic." METRO NEWS SERVICES

Hudson's first baby

Celebrity Buzz

Nicole's pregnancy fix: In-N-Out

MUST-HAVE With Nicole Richie due to have their second child in weeks, papa Joel Madden dishes on Richie's pregnancy cravings, people.com reports.

In lieu of the pickles and ice-cream combos demanded by some women, Madden tells People that the expectant mama wants only burgers.

Unfortunately, while Richie's



cravings may be limited to hamburgers from California's In-N-Out chain, the hunger pangs can occur any time — day or night. people.com reports.

"It's usually about two or three in the morning," Madden said. "I'm the one that has to run out — either go make her a sandwich or go to In-N-Out or whatever she wants at any given time."

METRO NEWS SERVICES

MJ's autopsy results kept hush-hush

UNDER WRAPS Michael Jackson's final autopsy report is for detectives' eyes only, people.com reports.

The Los Angeles coroner has completed its investigation into the death of Jackson, but the LAPD has asked for a security hold on the results as it continues its investigation.

Los Angeles police and federal drug investigators have launched a manslaughter probe ap-

parently focusing on Jackson's personal physician, Dr. Conrad Murray, but also including other doctors, whose records have been seized.

The investigation has looked into the role the powerful anesthesia Propofol may have played.

Murray was treating Jackson when the entertainer was stricken at home.

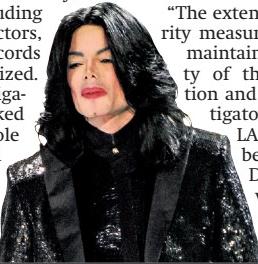
"The extension of security measures will help maintain the integrity of the investigation and allow investigators from

LAPD's Robbery Homicide Division, as well as our partner law enforce-

ment agencies to continue their investigation ... conducted by the LAPD has included dozens of individual interviews and the service of search warrants locally and out-of-state."

Miranda Sevcik, a spokeswoman for Murray's attorney Ed Chernoff, told People: "All we can say ... is that we look forward to reading the report when it comes out."

METRO NEWS SERVICES



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Has an unstoppable bathroom emergency hit you when you least expected it? Tell us your most unforgettable diarrhea mishap for a chance to WIN.

(your story must be min 50 to max 100 words)

Here is this week's top diarrhea disaster:

"I was on an elevator on my way to a meeting (had to go 18 floors) when all of the sudden I had a terrible cramp in my stomach that nearly doubled me over. I had terrible pressure and felt that I needed to pass gas. I was the only one on the elevator so I thought what could be the harm...it was not gas...it was unexpected diarrhea! I had to get off the elevator early and find the nearest bathroom. I was shocked beyond belief and had to wash my underwear in the bathroom sink and pray to god it was a one-time occurrence. I had to go commando that day. I guess it could have been a lot worse. I look back on it now and laugh!" - S. Mitchell

Submit your story today at metronews.ca

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 26, 2009 at 11:59 pm. Odds of winning depend on number of entries received. For full contest rules and details visit www.metronews.ca

Imodium **metro**

Stars rattled by Japan quake

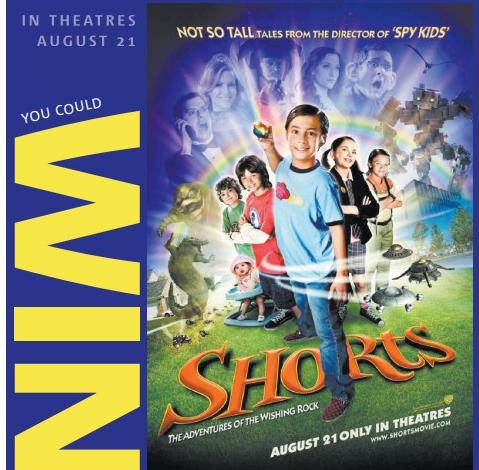
CLOSE CALL Jessica Simpson was hit by a recent earthquake in Japan, female-first.co.uk reports.

Simpson wrote on Twitter: "Thought I was hallucinating. I have never felt anything like

this in my life."

Beyoncé Knowles and her sister Solange also felt it. Solange tweeted: "My sister said she was scared out of her mind and calling my mom and I was snoring."

METRO NEWS SERVICES



A FAMILY PASS FOR FOUR TO SEE AN ADVANCE SCREENING OF **SHORTS**

Saturday August 15, 2009

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metro

Miley a Robert Pattinson convert

CHANGE OF HEART Miley Cyrus may have bashed Robert Pattinson in the past, saying, "Girls aren't really in love with him — they're in love with his Twilight character," but after meeting the heartthrob, she's changed her tune. "Gave a hug to Rob Pattinson today," Cyrus wrote on Twitter. "OK, girls, I get it now. So cute. Sorry 'Robby' about all my bashing in my past."

METRO WORLD NEWS



Janet far from ex Jermaine's mind?

MOVING ON Janet Jackson and Jermaine Dupri may have split recently, but Dupri seems to be fine.

A source for Gatecrasher reported that at a recent Pete Yorn show in Chicago, "(he) was partying with friends and chatting up lots of girls ... He was in great spirits, and Janet seemed to be the furthest thing from his mind."

METRO WORLD NEWS



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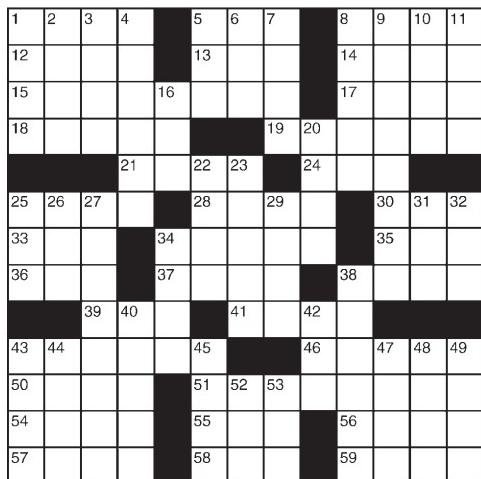
Thursday
Partly cloudy
23° / 14°

Friday
Sunny
25° / 16°

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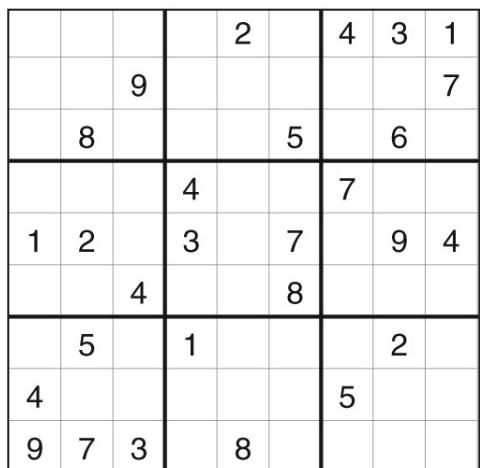
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



1 Duchamp's art movement
5 Uncooked
8 Remain
12 Tel —
13 Blackbird
14 Vagrant
15 Downhill racer
17 Follow the rules
18 Follow
19 Food fish also called mahi mahi
21 Coagulate
24 Year-end abbr.
25 Familiar folks
28 Actress Campbell
30 Letterman's network
33 Id counterpart
34 Farm statistic
35 Erstwhile acorn
36 San Francisco's — Hill
37 Ms. Moore
38 Wan
39 Singer Sumac
41 No neatnik

DOWN

info
2 Shakespeare's river
3 Firsties
4 Acknowledge
5 Scott Joplin's music
6 Ortiz of "Ugly Betty"
7 Kite flyer's need
8 Coast
9 Shag et al.
10 Sleeping
11 Vacillate
16 Solidify
20 Keatsian works
22 Formerly
23 Contract

details
25 Author Follett
26 Billy Joel's "— to Extremes"
27 Vessels that resemble stout men
29 Bridal cover
31 Scrooge's cry
32 Firmament
34 Hebrew month
38 Exploitative one
40 Pack animals
42 Indivisible
43 Throat clearer
44 Pedestal part
45 Engrave
47 Toothpaste holder
48 Walked (on)
49 Longings
52 Discovery call
53 Ginormous

Metro Recipe of the Day



Roasted Salmon with Sautéed Greens

INGREDIENTS:

1/4 cup (50 ml) balsamic vinegar
2 tbsp (25 ml) brown sugar
1 tsp (5 ml) mustard powder
1/2 tsp (2 ml) salt
1 1/4 lbs (625 g) salmon, cut into 4 pieces
1 tbsp (15 ml) olive oil
1 large red onion, cut into thin strips
8 oz (250 g) baby spinach

METHOD:

- Preheat broiler. In small bowl, combine vinegar, brown sugar, mustard and salt. Brush 1/2 of mixture over salmon. Broil until opaque, 4 to 5 minutes, brushing with vinegar mixture after 2 minutes.
- Meanwhile, heat oil in

large skillet over medium heat. Add onion and cook until lightly browned, 2 minutes. Cover and cook until tender, 2 minutes. Add spinach and cook, stirring, until almost wilted, 1 minute. Add remaining vinegar mixture and cook, stirring, until spinach is wilted and sauce thickens slightly, 1 minute.

3. Divide spinach mixture equally among 4 dinner plates. Top each serving with piece of salmon.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

E	M	I	F	C	C	J	A	N	E		
B	A	R	E	R	R	O	B	O	E		
B	L	A	C	K	E	H	E	A	L		
H	I	T	A	P	A	T	H	Y	Y		
S	P	L	I	T	G	M	A	I	N		
E	R	E	P	O	P	I	N	J	Y		
R	E	S	S	I	T	I	N	A	A		
A	P	P	L	Q	U	E	K	I	N		
A	C	U	P	G	I	N	K	H	K		
A	L	A	S	K	A	B	D	A	D		
D	E	B	S	N	O	E	L	N	O	E	
D	E	L	I	G	U	E	A	N	T	I	
S	K	Y	E	Y	I	P	P	E	A	T	A

On the web

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



The presence of someone you don't get along with is upsetting your emotional balance, so don't hang around. Have the confidence to get up and go.

TAURUS

APRIL 21-MAY 21



What happens today will give you a target to aim for, one you see as an exciting challenge rather than as a threat to be avoided.

GEMINI

MAY 22-JUNE 21



The most important thing today is that you stay calm in all situations. The second most important thing is that you keep recent setbacks in perspective.

CANCER

JUNE 22-JULY 22



Not everyone approves of your aims and ambitions, but why should that bother you? For too long you have tried to win certain people over.

LEO

JULY 23-AUG 23



There may be all sorts of negative things going on in the world around you but you can, you must and you will remain positive today.

SAGITTARIUS

NOV 23-DEC 21



You may not be getting the rewards you think you deserve but don't fret because a week or so from now your name will be up in lights.

CAPRICORN

DEC 22-JAN 20



A journey of some kind will be a lot of fun but it will also bring you face to face with situations you are not sure how to handle. That's good.

VIRGO

AUG 24-SEPT 22



The obstacles you face may be huge but you have what it takes to overcome every last one of them. Never doubt that you were born to be special.

AQUARIUS

JAN 21-FEB 18



It may seem to some people that you have finally flipped your lid but in fact you have never been more rational. You see what others have missed.

PISCES

FEB 19-MARCH 20



Make it your business to find out why a loved one is feeling low, then do something about it. Pisces to the rescue — again.

WORDY GURDY®

- Actor Asner drove too fast (1)
- Scandinavian power or police group (1)
- "57 Varieties" company billboards (1)
- Adjust the fit of a horse-leading strap (2)
- Virgo follower's NFL refs, in slang (2)
- "M*A*S*H" star Elliott slavered (1)
- Random mixer-upper of winter scarves (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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